

WHAT TO DO IN MISSION BEACH TODAY!

GENTLE ACTIVITY

- Take a trip to the reef.
- Enjoy a rainforest walk on one of the clearly defined tracks.
 - Lacey's Creek
 - Licuala Fan Palm Walk
 - Bicton Hill
 - Edmund Kennedy Boardwalk
- Join a Yoga/Pilates/Tai Chi class.
- Fishing off Clump Point jetty (or turtle spotting!)
- Go to Dunk Island- fish, swim, walk, snorkel
- Hire a Kayak or Stand Up Paddle Board
- Self drive a boat around the islands
- Ride a bike through the Ulysses track
- Walk to the old logging tracks (Musgravea Track)
- Explore Tully Gorge, enjoy a picnic in the National Park on the riverside.
- Enjoy 14 km of golden sandy beaches.
- Take a Three Island Tour to the gorgeous Family group of Islands
- Do a self guided rainforest walk & search for the endangered Cassowary. Get a map from the Information Centre.
- Bird watching (twitchers paradise!)
- Visit Paronella Park: voted QLD #1 must do!
Or combine Paronella Park and Mamu Tropical Skywalk- a full day if you like...

LOCAL GEMS

- Browse through library books or watch a video of local attractions @ the Visitors Centre
- Visit C4 –Wet Tropics Environment Info Centre & learn about Cassowaries and the Wet Tropics
- Check out the local art scene in the Helen Wiltshire Gallery & the Arts Centre @ MARCS Park
- Spoil yourself with a massage or a beauty treatment.
- A beach walk – find the sand dollars!
- Cassowary spotting
- Tails and Trails –Historical Walk
- Old Mission Site- a local history spot
- Enjoy a BBQ on the water – or grab some local fish and chips to eat at several BBQ sites on our local beaches
- Visit Charleys' Chocolate for a tour
- Visit the Fruit Forest Farm. Exotic Fruit Tour. See how it's grown on a tropical fruit farm.
- Markets on a Sunday morning (check for times)
- Visit Raya the sting ray – a mosaic masterpiece
- Take a drive around the local farmlands (Bingil Bay loop)
- Enjoy swimming at freshwater swimming holes (Alligators Nest, Waterfall Circuit)

Wellness in Mission Beach

Enquiries welcome through
The Visitors Information Centre



53 Porters Promenade
Mission Beach QLD 4852

07 406887099

info@missionbeachtourism.com

www.missionbeachtourism.com

Wellness is different things to different people – have you found your wellness today?

Mission Beach Tai Chi Group

MARCS Park Wednesday & Friday 8am-9am
\$5.00per session

☎ 07 4068 9797 email:daffyrayan@bigpond.com

Yoga (Iyengar) at Mission Beach

Progress Hall Porter Promenade
Tuesday/Friday/Saturday: Beginners
Thursdays: General level
Saturdays: experience/intermediate
Casual class \$20.00

Class passes also available

Jan Watson 0438 565 423 www.yogac.com.au

☎ 07 4068 7340 M 0438 565 423

Yoga Classes with Viv

Thursday Progress Hall 9.30-11am
Tuesday & Thursday Castaways 7am-8.15am
\$15.00 per class

☎ 0428 773 980

Mission Beach Gentle Yoga

Monday : Tully- CWA Hall 6pm-7.30pm
Tuesday: Mission Beach- Castaways 8am-9.15am
Thursday: Cairns- Chrysalis Relaxation Centre 5.45-7.00pm
Friday: El Arish- State School 4.00pm-5.15pm

☎ 0428 773 980

Yoga with Susan Kelly

Tuesday: 4.00-5.30pm - El Arish Hall *(School term only)*
Wednesday: 6.30am-8.00am The Progress Hall
Wednesday: 4.00-5.30pm The Progress Hall
Thursday: 3.30-5.00pm Mission Beach State School *(School term only)*
Sunday: 8.00-9.00 Surf Life Saving Club
Sunday: 10.30-12.00 The Progress Hall
Casual class is \$15 per class (all equipment supplied)
Private classes can be booked any day \$65

☎ 0409 886 068 email susangkelly@bigpond.com

Ana Hatha Yoga

Monday: Vinyasa Flow 9.30-10.30am Sundance Studio
Tuesday: Vinyasa Flow 4.30-5.30pm El Arish
Power Vinyasa 5.45-6.45pm El Arish
Restore 8.00-9.00pm Sundance Studio
Wednesday: Your yoga 6.30-7.30am Sundance Studio
Intro Vinyasa 9.30-10.30am Rose Studio Tully
Thursday:Beginners Yin Yoga 1.00-2.00pm Sundance Studio
\$15.00 drop in 5 Class for \$50

☎ 0427 452 521

Tracey Harris Fitness Classes

Monday 9.00-10.00am
Thursday 9.00-10.00am \$5.00 (Progress Hall)

☎ 0447 099 330

Yoko at Mission (Massage)

Shop 3, 32 Porter Promanade
8.00am -6.00pm

☎ 0409 556 300

Massage @ Mission

The Hub Porter Promenade
9:00 AM - 5:00 PM

☎0437 898 140

www.massageatmission.com.au

Drift Day Spa Mission Beach

www.castaways.com.au/mission-beach-day-spa/

☎1800 079 002

Beachside Nail Art and Beauty by Alina

David St, Mission Beach

☎ 0421 161 461

au.localize123.com/beachside-nail-art-and-beauty-by-alina-in-mission-beach-qld

Sundance Studio

173 Boyett Road Mission Beach

☎ 0428 922 357

www.sundancestudio.com.au

Mission Arts

Cassowary Drive Mission Beach

☎ 07 4088 6116

www.missionarts.com.au/

Looking Good Beauty

10 Porter Promenade, Mission Beach

☎ 07 4068 7366/ 0417 797 149

The Hair Strand

Shop 7 The Hub Porter Promenade

☎ (07) 4068 7666

Wet Hairdressing

46-48 Porter Promenade

☎ (07) 4088 6588

www.wethair.com.au

Minx Hair and Beauty

Wongaling Beach Shopping Village

☎ 07 4068 8488

www.minxhairandbeauty.com.au

Cassowary Coast Physiotherapy

☎ 07 4068 2074

www.cassowarycoast.physio

Mission Beach Medical Centre

2020 Cassowary Drive Wongaling Beach

☎ 07 4068 8174

Tristar Medical Mission Beach

Shop 9 &10 Mission Beach Market Place
(Woolworths)

☎ 07 421 34105

Mission Fitness

7/9 Dewar Street Mission Beach

☎ 0428 689 696

www.missionfitness.com.au

Mission Beach Aquatic Facility

Cassowary Drive Mission Beach

☎ 0447 147 781